

Every Memory Begins With a Door.



*Sometimes all it takes
is the right door.*



One Memory at a Time®

A FREE CANADIAN
STORYTELLING PROGRAM
FOR SENIORS

Stories Connect Us.



onememoryatatime.org

Stories
Live On.



PEOPLE | CONVERSATIONS | MEMORIES | A BRIGHTER TOMORROW

PEOPLE
STORIES
CONNECTION
A BRIGHTER
TOMORROW
♥

SAME PLACES

BRIGHTER DAYS

MORE GOOD THINGS

Good
Memories
Still Belong
Here
♥

The Bird Feeder I Didn't Know I Was Building



You don't call the birds.
You create a place where they want to come.

Memories can be much the same.



One Memory
at a Time®

PEOPLE CONNECTION BRIGHTER DAYS

What If We Could Put That Bird Feeder in **Anyone's** Hands?

*The same simple idea.
Now in a free, easy-to-use app.*



Gentle Stories
to start a conversation



Meaningful Moments
to spark memories



For Anyone
at home, in a group
or in the community



Free to Use
A Canadian initiative

*Same idea.
More possibilities.*



**A FREE
CANADIAN
STORYTELLING
PROGRAM
FOR SENIORS**



On your
phone.
On your tablet.
On your
computer.

Same purpose.
A brighter
tomorrow.



**One Memory
at a Time®**
Stories Connect Us.

Meet the New One Memory at a Time[®]

Your memories. Your stories. Your place. Your pace.


**One Memory
at a Time[®]**
We don't ask for memories.
We help them arrive.



On Your Phone
Simple. Clear. Easy to use.



On Your Tablet
A richer, more comfortable experience.



On Your Computer
A spacious, easy-to-read experience.



**Best experience
for each device**
One app. Any screen.



Easy to Use
Large buttons.
Senior-friendly design.



A Canadian Initiative
Free for individuals,
groups and organizations.



Same Purpose
We don't ask for memories.
We help them arrive.



Free



No App Store



Phone · Tablet · Computer

Read. Pause. Listen.





What Is One Memory at a Time[®]?

One Memory at a Time[®] is a free guided storytelling program created to help older adults reconnect with memories through stories, conversation and listening.



It is not
a memory test.



It is not
an interview.



It is not
an interrogation.

We don't ask for memories. **We help them arrive.**



Stories



Conversation



Connection



Dignity



A Brighter Tomorrow

Read. Pause. Listen.



How Does It Work?

The One Memory at a Time Guided Storytelling Methodology®
A simple, gentle process that helps memories arrive.

*Stories
begin with a
story... not
a question.*



1

The Guided Story



A short, engaging story that sparks memories.

2

The Memory Moment



A moment to pause, reflect and let a memory find its way.

3

Core Memory Prompts



Gentle prompts to help the memory arrive naturally.

4

Seeds for the Bird Feeder



Optional ideas like photos, sounds, music and familiar places to spark more memories.

5

Your Turn



Your story.
Your memories.
Your pace.
You are in control.

Read. Pause. Listen. Follow. 



**One Memory
at a Time®**

We don't ask for memories.
We help them arrive.

When a Memory Arrives, Stop.

The story on the screen has done its job.
Put the device down. Listen. Follow the memory.

*Real
people.
Real
conversations.*



*"That's when,
the real story,
begins."*



*Every
Person
Has
a Story*



*Good
Conversations
Matter*



People

Connection

One Memory at a Time

Read. Pause. Listen. Follow.

PEOPLE • CONNECTION • BRIGHTER DAYS

Four Ways to Use One Memory at a Time®

The same guided storytelling methodology. Different settings. The same meaningful results.

*People.
Stories.
Connection.
A brighter
tomorrow.*



1

For Yourself

Life Review & Story Creation



Use the guided stories privately to revisit memories, reflect on your life, and, if you wish, begin preserving your own stories.

2

With Someone You Care About

Conversation & Connection



Share the experience with a spouse, child, grandchild, friend or Memory Companion. The conversation itself is valuable.

3

In a Group

Shared Memories & Belonging



Use One Memory at a Time in retirement residences, seniors' groups, community organizations and other group settings. One guided story can lead to many different memories.

4

To Preserve a Story

When Someone Wants To



When a memory becomes a story someone wants to keep, it can be recorded, transcribed, edited and preserved — with the storyteller remaining in control.

There is no required way to use One Memory at a Time®.
One memory is enough.



Read. Pause. Listen.





No App Store. No Purchase. No Workbook Required.

A simple and easy way to access One Memory at a Time®.

Same stories.
A simpler
way to reach
more people.



NO APP STORE

Open it through the
One Memory at a Time
website.



NO PURCHASE

One Memory at a Time®
remains free.



NO WORKBOOK REQUIRED

Everything needed to
begin is available in the
digital experience.



PHONE • TABLET • COMPUTER

Designed to provide
the best experience
for each device.



Read. Pause. Listen. ♥

People
Stories
Brighter Days

Good
Stories
Brighter
Days



We don't ask for memories.
We help them arrive.

Everything You Need in One Place

The new One Memory at a Time® digital experience includes:



All the Stories

Full stories with
Guided Stories,
Memory Moments,
Core Memory Prompts,
sensory sections
and Your Turn.



Simple to Navigate

Easy-to-use menu.
Choose any story.
Go at your own pace.
No required order.



Helpful Resources

Tips, how to use,
and a short
10-Minute Memory
Companion Training.



Tools to Share

Options to read, share,
print or save.
Useful for individuals,
families, groups and
organizations.



Always Free

A gift to Canada.
No cost.
No registration.
Just visit the website
and start.

*Same
stories.
Easier access.
A brighter
tomorrow.*



Read. Pause. Listen. ♥

PEOPLE • CONNECTION • BRIGHTER DAYS

Real People. Real Impact.

When memories are welcomed, amazing things happen.

*More
connection.
Brighter days.*



Stronger Connections

Stories spark meaningful conversations and bring people closer together.



Greater Well-Being

Sharing memories can reduce feelings of isolation and bring joy, purpose and confidence.



A Lasting Legacy

Stories help preserve a lifetime of experiences and life lessons for future generations.



Stronger Communities

Used in residences, seniors' groups, schools, faith communities and organizations, One Memory at a Time helps build a more connected and compassionate community.



People

Connection

Brighter Tomorrows

Read. Pause. Listen. ♥

PEOPLE • CONNECTION • BRIGHTER DAYS



What People Are Saying About One Memory at a Time[®]

Different people. Different settings. The same meaningful results.

*Real
stories.
Real people.
Real impact.*

“

**“It brought back memories
I hadn’t thought about in years.”**

— Program Participant

“

**“The conversations we’ve had
mean so much more now.”**

— Family Member

“

**“Our residents look forward
to these sessions. It creates
real connection.”**

— Recreation Coordinator

“

**“It’s simple, thoughtful and
easy to use. It gives students
a chance to really listen.”**

— Educator

*Stories
bring people
closer.*



Read. Pause. Listen. ♥

PEOPLE • CONNECTION • BRIGHTER DAYS



A Growing Movement Across Canada

Real people. Real stories. Real communities.

*Same
stories.
Brighter
communities.*



70+
communities
already using OMAAT



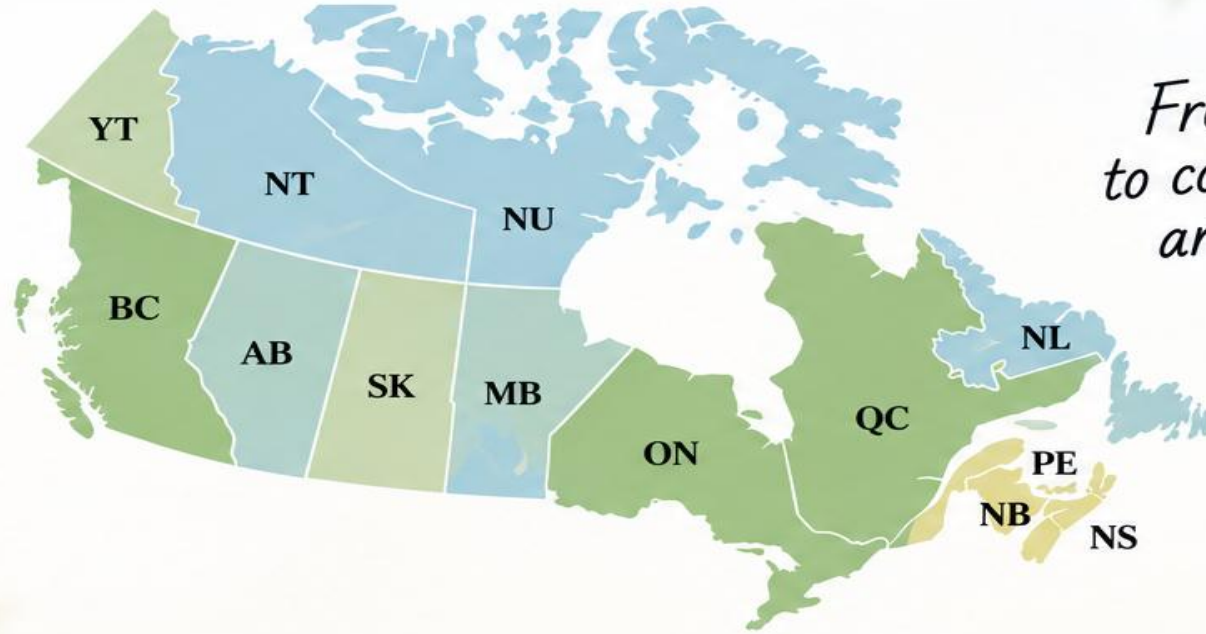
Retirement Residences
Care Homes and
Seniors' Groups



**Schools and
Youth Programs**
Stories Across Generations



Individuals and Families
At home, one conversation
at a time.



*From coast
to coast, memories
are making a
difference.*



In Residences



In Schools



In Community Groups



At Home

Read. Pause. Listen. ♥

PEOPLE • CONNECTION • BRIGHTER DAYS

What's Next? You Can Make a Difference.

Simple steps. Meaningful outcomes.

*Real
people.
Brighter
days ahead.*

1

Explore



Visit onememoryatatime.org
to explore the program
and try a story.

2

Share



Tell others about
One Memory at a Time.
Help more people discover
the power of stories.

3

Get Involved



Consider becoming
a Memory Companion
or bringing the program
to your community, school
or organization.

4

Be Part of It



Together, we can create
stronger connections,
brighter days and a more
compassionate Canada.

*Small
Conversations
Big
Impact*

People

Connection

Brighter Days

Read. Pause. Listen. ♥

PEOPLE • CONNECTION • BRIGHTER DAYS



Prefer Paper? It's Still There.

The same stories. The same experience.
In the format that works for you.

Different
ways to
open the same
doors. 



Download and Print

Get the complete One Memory at a Time workbook (Volume 1) from the Library in the app.



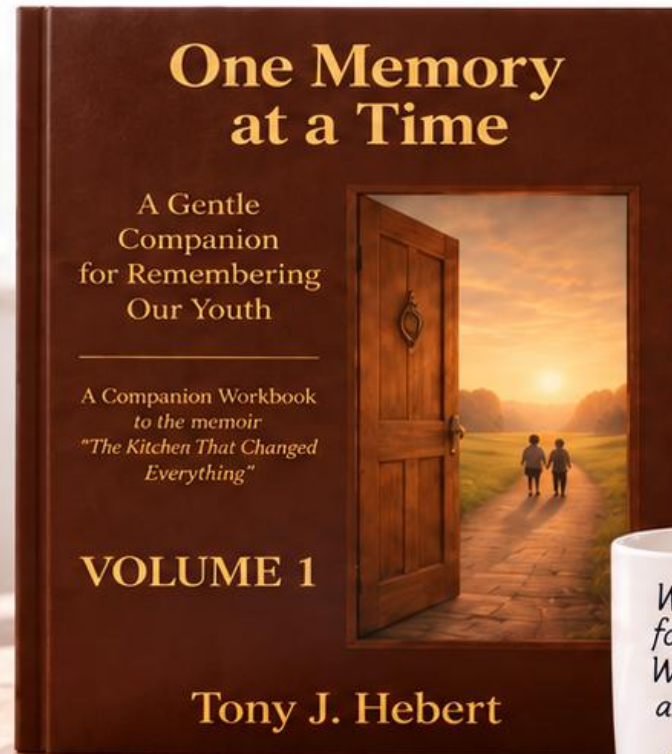
Use a Printed Copy

Perfect for those who prefer a physical book.



Or Use the App

The same stories on your phone, tablet or computer.



People
Connection
Brighter Days

*Same stories.
New ways.
A brighter tomorrow.*

Read. Pause. Listen. Follow. 



**One Memory
at a Time®**

We don't ask for memories.
We help them arrive.

The Library

More Than the Workbook.



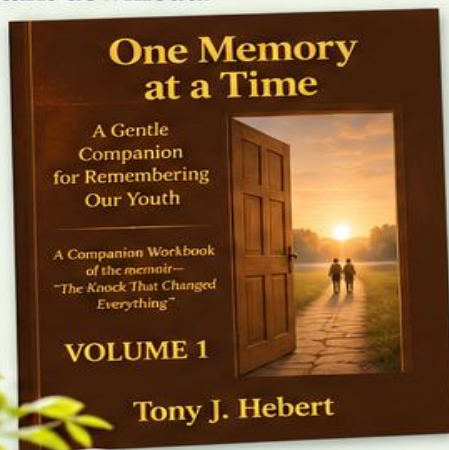
Everything you need to introduce, use and share
One Memory at a Time — all in one place.



WORKBOOKS

Download, print or use
alongside the app.

The complete One Memory at a Time
workbook (Volume 1 — Our Youth)
is available in the Library for
instant download.



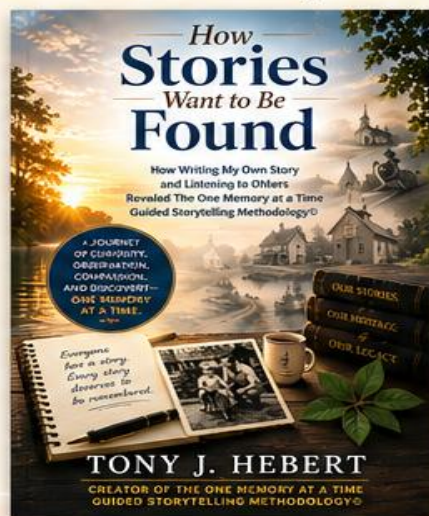
People
Connection
Brighter Days



BOOKS

Understand the journey
and the thinking behind
the methodology.

How Stories Want to Be Found
tells the story of the discoveries,
observations and the methodology
that led to *One Memory at a Time*.



PRESENTATIONS

Ready-to-use slides
for your group.

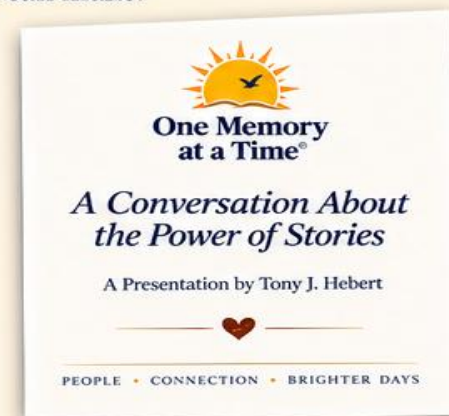
Download presentation slides to
introduce One Memory at a Time
in your residence, community group,
church, school or organization.
Facilitate your own session —
no special training required.



THE TALK

A complete presentation
in PDF.

Download Tony's TED-style talk
in PDF format. Use it as written or
adapt it for your own presentation.
It explains why One Memory at a Time
exists, how it works and the difference
it can make.



Read. Pause. Listen. Follow.



PEOPLE • CONNECTION • BRIGHTER DAYS

Built to Continue

From Resources to Real Connections.

The One Memory at a Time Library gives people everything they need to learn, share and carry the methodology forward — today and for the future.



The Methodology

A simple, proven way to help memories arrive.



The Stories

Ready-to-use stories that spark memories and meaningful conversation.



The Training

Guidance for anyone to become a confident Memory Companion.



The Presentations

Ready-to-use slides and a complete talk in PDF format.



The People

More conversations. Brighter days. A stronger, more connected Canada.

**The One Memory at a Time Program
should never depend on the creator
being in the room.**

It is designed to live on — in the hands of people who care, creating real connections in communities across Canada.

Read. Pause. Listen. Follow.



Stories
Build
Brighter
Tomorrows



**One Memory
at a Time®**

We don't ask for memories.
We help them arrive.

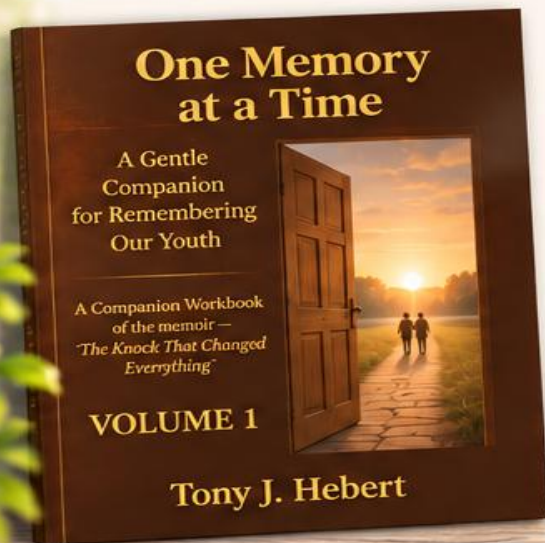
From One Workbook to Thousands of Doors.

The same trusted stories. Now accessible to more people,
in more places, in more ways.

1

One Workbook

A powerful beginning.



One workbook can only be
in so many hands.

2

Phone • Tablet • Computer

Instant access anywhere.



No printing
or shipping



Available
anywhere



Easy to share
and implement



Free for
everyone

The PWA (web app) brings the program to
phones, tablets and computers — ready when they are.

3

Thousands of Doors

More people. Brighter days.



Homes.
Residences.
Schools.
Community
groups.
Faith groups.
Across
Canada.

When stories are easy to access,
more conversations happen — and
more lives are touched.

Read. Pause. Listen. Follow.



PEOPLE • CONNECTION • BRIGHTER DAYS



**One Memory
at a Time®**

We don't ask for memories.
We help them arrive.

Open the Door. Try It Now.

One Memory at a Time is free and easy to access.
Take out your phone, scan the QR code and explore the program.



Read
The Guided Stories



Learn
How it works



Be Inspired
Ideas and resources



Get Involved
Bring it to your
community



SCAN ME

or visit

onememoryatatime.org

PEOPLE • CONNECTION • BRIGHTER DAYS



*More
Conversations.
Brighter Days.
Across Canada.*

Read. Pause. Listen. Follow.

